

# ARLINGTON LOOP

16.2 miles  
1 hr 40 min - 2 hrs

## DIRECTIONS Arlington

- ▶ Begin at Barcroft Park
- 1 Left onto W&OD Trail
- 2 Right onto Custis Trail
- 3 Left under overpass to stay on Custis Trail
- 4 Custis Trail —> Mount Vernon Trail in Rosslyn
- 5 Stay left at the boardwalk
- 6 Left (at fork) onto Four Mile Run Trail
- 7 Right on sidewalk along Shirlington Rd.
- 8 Left at crosswalk with Four Mile Run Dr. —> straight to join the W&OD Trail
- 9 Left into the Barcroft Fitness Center

